

# DISCOVERING *NT* ODYSSEY

探索妮生活

## EMPOWERING LIFE WITH WELLNESS & ENERGY

打造健康與活力的全方位日常

**S**ATURDAY  
星期六

**18** JULY 七月  
**2026**

**13:30**  
|  
**15:30**

IMPERIAL PALACE HOTEL MIRI,  
MELINAU ROOM, LEVEL 1

### LEARNING HIGHLIGHTS

講座大綱

Conducted in Mandarin  
中文講解

- ◎ **Wear Wellness from the Outside - Exploring functional fibers and comfort-focused properties**  
從外穿上健康 - 探索纖維的機能與舒適特性
- ◎ **Strengthen Vitality from Within - Examining the role of antioxidants in sustaining vitality**  
從內提升元氣能量 - 解析抗氧化在維持活力中的重要性
- ◎ **Build a Better Well - Being Lifestyle - Integrating healthy habits to elevate daily well-being**  
建構更好的身心生活方式 - 透過日常習慣提升整體健康

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**DORIS LOK**  
駱湘滢  
Speaker 講師



- ◎ **Friendly personality and humorous**  
性格友善 幽默風趣
- ◎ **Has been working as a lecturer in Nefful Malaysia for more than 10 years**  
在妮芙露馬來西亞擔任講師已超過10年，累積豐富的教學經驗
- ◎ **Knowledgeable about Nefful product features**  
十分了解商品特色

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